



June 11 - 13, 2004

The Eastover, Lenox, MA

# A Weekend of Outdoors Skills for Women

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Thank you to the following organizations which are proud to sponsor  
Becoming an Outdoors-Woman in Massachusetts.

**Massachusetts Sponsors:** Massachusetts Division of Fisheries & Wildlife • Gun Owners' Action League • Massachusetts Bowhunters Association • Massachusetts Sportsmen's Council • Massachusetts State Chapter - National Wild Turkey Federation • Massachusetts State Chapter - Friends of the N.R.A. • Massachusetts Wildlife Federation • Rocky Mountain Elk Foundation • Safari Club International, New England Chapter • Smith & Wesson, Inc.

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# Becoming an Outdoorswoman

Becoming an Outdoorswoman is a workshop focused on the learning of outdoors skills — skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if ...

- ♥ you have never tried these activities, but want an opportunity to learn,
- ♥ you are a novice who would like to improve your skills,
- ♥ you have tried some of these activities but would like to try new ones,
- ♥ you are looking for the camaraderie of like-minded individuals.

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## Workshop Offerings

### Friday A.M. (Pre-Session 9:00 - 12:00 )

**Introduction to Firearms** — Learn the basic actions of a variety of firearms, safety, proper handling techniques in the field as well as cleaning and storage.

THIS IS A REQUIREMENT FOR ANYONE TAKING A SHOOTING WORKSHOP WHO HAS LITTLE OR NO PREVIOUS FAMILIARITY WITH GUNS.

### Friday P.M. (Session I)

- A. Introduction to Firearms** — Repeat of Pre-Session.
- B. Fishing Basics** — Learn the art of catching fish. Topics include fishing gear, fish habits and behavior, and reading the aquatic landscape.
- C. Riflery for Beginners** — The .22 rifle is the easiest firearm for beginning shooters. If you think you might like target shooting but you aren't quite sure, this session is a good place to start.
- D. Archery** — For skill and precision training, few sports can compete with archery. Rain or shine our instructors will get you on the bullseye in short order.
- E. Nature Photography** — Learn to compose a picture, control depth of field and other helpful tips to improve and enhance exposures. Then put your photographic skills to use in the field in a variety of habitats.
- F. Birding for Beginners** — Get involved in an exciting new activity which you can practice anywhere. Find out about binoculars, field guides and our local birds!
- G. Ropes** — Step outside your "comfort zone." Would you like to try climbing or learn how rock climbers stay safe while climbing through belaying? You can do both. Learn to climb, "belay" other participants and lower them safely to the ground. Set goals that become attainable through planning and teamwork. **There is an additional charge of \$30 for this session.** Minimum 8, Maximum 20 participants.
- H. Walking Stick Defense** — A walking stick, cane or ski pole can be a very effective means of defense for the outdoors-woman. Increase your options for safety at this new workshop. Walking sticks will be provided. Limit 15.
- I. Basic Horsemanship** — Get acquainted with horses and horseback riding. You will be introduced to the basics of handling and riding horses; have a basic riding workshop and enjoy a woodland trail ride. Limit 5. **(Fee of \$25 will be paid directly to the stable.)**

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Programs subject to change. • Horseback courses: \$25 fee is paid directly to the provider.

- J. Basic Kayaking** — Learn a sampling of basic kayaking skills using “sit-on-top” kayaks. Limit 10.

### **Saturday A.M. ( Session II )**

- K. Map & Compass Skills** — Learn to read simple maps and use a compass to find your way through fields and forests.
- L. Fly Fishing I** — This is a beginners workshop which will take place on the grass. Participants will become familiar with basic fly fishing equipment and become proficient in the 30' cast. Also, learn the basic fly types and how to use them.
- M. Bass Fishing I** — Fishing for smallmouth or largemouth bass requires special skills and strategies that differ from fishing for trout or panfish. Learn the skills and techniques.
- N. Beginning Shotgun** — Shotguns are the firearm of choice for hunters in Massachusetts. Learn to hit a moving target — clay pigeons in use. The techniques you will learn apply to many types of targets including game.
- O. Beginning Handgun** — Handguns provide exciting options for precision shooting. Brush up your skills and learn a new (possibly competitive) sport.
- P. Archery** — Repeat of session D.
- Q. Take a Hike!** — Hike at historic Kennedy Park. We will view Mount Greylock from the Look-out, take in spectacular vistas, explore the ruins and former location of the Aspinwall Hotel and more.
- R. Reading Wildlife Sign** — Learn how to spot and identify tracks, scat, hair and other often subtle clues that record the daily lives of wild animals. Limit 12.
- S. Lost in the Woods...Now What? I** — This two-part, hands-on class will introduce you to attitudes and skills needed to gracefully manage an unexpected stay in the woods: what to do before you set out, what to take and why, prioritizing your needs and actually building a debris hut and a cozy fire.

### **Saturday P.M. ( Session III )**

- T. Fly Fishing II** — Participants will use their casting skills at a lake or pond. With luck they will have a chance to practice hooking, landing and releasing fish. (Prerequisite Fly Fishing I or equivalent.)
- U. Bass Fishing II** — End the workshop with a chance to try your fishing skills from a boat. Successful anglers will have a tasty fish to take home. Limit 6. (Prerequisite Bass Fishing I or equivalent.)
- V. Canoeing for Beginners** — Learn to paddle your own canoe in this “on-the-water” session. This session is for beginners. Limit 10.
- W. Wild Edibles** — “Gather ye rosebuds while ye may,” along with marsh marigolds, cattails, etc. Noted authority, Russ Cohen, has many decades of experience teaching about and eating wild plants. Learn to find, identify and prepare delicious wild snacks.
- X. The Fear Factor** — Many people fear snakes, lizards, spiders or bats. Why do some people love these animals while others are terrified? Learn more about them. We’re convinced you’ll lose any uneasiness you may have.
- Y. Riflery for Beginners** — Repeat of session C.
- Z. Lost in the Woods...Now What? II** — This is a continuation of session T. The workshop will cover signaling for help, obtaining water, foraging for food, finding directions without a compass, emergency first aid and dealing with wildlife. (Pre-requisite Lost in the Woods... I.)
- AA. Map & Compass Skills** — Repeat of session K.
- BB. Basic Horsemanship** — Repeat of session I. Limit 5. (Fee of \$25 paid directly to stable.)

**CC. From Field to Table** — Tender and tasty game depends on proper cleaning and handling. Learn to dress and care for your game for the finest eating. Instructor Jan Dizard and class will prepare hors'doeuvres which you can re-create at home.

**Sunday A.M. ( Session IV )**

**DD. Fly-Tying** — This session, taught by a group of passionate fly fishermen, will explain macro-invertebrates and minnows, demonstrate wet and dry flies, and lead the participant through making a fly of her choice.

**EE. Black Powder** — Learn to shoot a flintlock, caplock or muzzle loader. Black powder hunting is a rapidly growing sport and learning to shoot with these firearms is challenging and fun.

**FF. Trap and Skeet** — If you enjoy shotgun, learn more about trap, skeet, and five-stand. (Prerequisite: Basic Shotgun or equivalent.)

**GG. Backpacking** — Proper preparation makes all the difference between aches and a comfortable experience. Learn how to prepare yourself for an enjoyable backpacking trip. A short hike will be included if time permits.

**HH. The Nature of Self Defense** — Cultural stereotypes still portray women as victims, incapable of self defense and dependent on others for protection. In this fun and non-threatening workshop we will affirm our right to self-preservation, differentiate between fear and anxiety and practice simple, effective techniques of self defense.

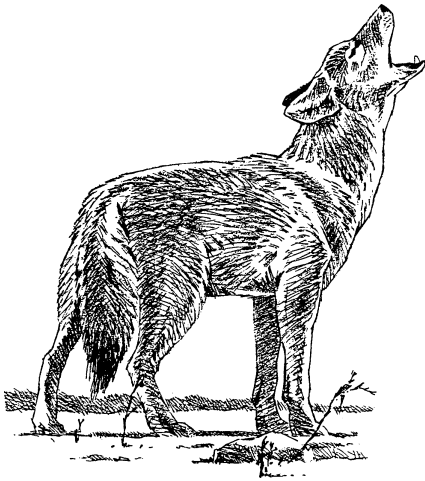
**II. Ropes** — Repeat of session G.

**JJ. Canoeing II** — For the paddler with a bit of adventure and stamina this is a half day adventure passing some of the most scenic portions of the Housatonic River.

**KK. Intermediate Horsemanship** — Comfortable on horseback? Gather some intermediate riding tips and venture further than the beginners' trailride. Limit 5. (**\$25 fee paid directly to the stable.**)

**LL. Plants for Wildlife** — Survey your site, know your natives and plan your property. Make your property more (or less) attractive to wildlife. Limit 12.

**MM. Lessons from the Past** — Enjoy a look at Native Americans' stone tools as well as their use of wildlife for food, tools and clothing with naturalist and archeology enthusiast Randy Julius.



## Please Read Carefully

**Workshop Fee:** Workshop Fee includes instruction, program materials, use of demonstration equipment, transportation to off-site sessions, seven meals, and two nights lodging. The fee for the weekend is \$280.00 per person. Sign up early as registration is limited. Coming with a family member? You may be eligible for a special discount — see below.

**Family Discount:** a 10% discount will be given on any Mother/Daughter, Grandmother/Granddaughter or Sister registrations.

Upon receipt of your registration and payment, you will be sent a confirmation letter with a map to the Eastover Resort and a list of appropriate clothing and equipment. Participants are encouraged to bring cameras and binoculars.

**Cancellation Deadline is May 31:** If you are unable to attend, you may transfer your registration to any other person who wishes to attend the workshop. If you must cancel a reservation before May 31, you will receive a refund less a \$50 processing fee. After that date, you will be assessed the full program fee. (Registrations will be accepted until noon on June 7, 2004.)

**Scholarships:** A number of partial scholarships are available. Applicants will be required to pay \$140. Please send your written request for a scholarship along with a check for \$140 and registration materials to the BOW workshop address. Preference will be given to full-time students and single-parent households. Please include a written paragraph, "Why I want to Become an Outdoorswoman."

**Lodging:** Eastover has a beautiful series of lodges and cabins situated on 1000 acres of fields and gardens adjacent to October Mtn. State Forest. Most rooms are doubles. Single rooms are available for an additional \$30.00/night. All lodging is non-smoking.

**Roommate request** (if any) \_\_\_\_\_ .  
(not requesting a roommate is a great way to meet new people)

**Preferences:** Early To Bed or Night Owl (please circle one)

**Meals:** Let us know of any special diet, lactose intolerance, food allergies or requests for vegetarian meals.

Registrations will be processed in the order received by the postmark on the envelope with preference given to those who have not attended a "Becoming an Outdoors-Woman" workshop in Massachusetts. Mail your registration forms as soon as possible to ensure participation in the sessions of your choice!



# Registration Form

## Becoming an Outdoorswoman in Massachusetts

### June 11 - 13, 2004

Use this form to register.

Complete and send enrollment form and fee to:

#### Becoming An Outdoorswoman

Massachusetts Division of Fisheries & Wildlife, 1 Rabbit Hill Road, Westboro, MA 01581

Make checks payable to: **Becoming an Outdoorswoman/MSC.**

Participants must be 18 years of age or older. There is no age maximum.

Only one person may register per form. Please photocopy for additional registrations.

Sorry, we cannot accept registrations by fax or phone. **Deadline for registration is noon, June 7.**

Name: \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_ E-Mail \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

I learned about the BOW workshops from: \_\_\_\_\_

Special dietary and food allergy information: \_\_\_\_\_



Registration Fee: \$280 \$\_\_\_\_\_

or with

Family Discount: \$250 each \$\_\_\_\_\_

Single Room\*: \$ 30/Night \$\_\_\_\_\_

Ropes Courses\*: \$ 30 each \$\_\_\_\_\_

**Total Amount Enclosed:** \$\_\_\_\_\_

*\*Optional Selection*

(Check or Money Order)

The applicant recognizes that participation in any of the activities making up the B.O.W. program involves an element of risk. By signing below the applicant affirms that she is aware of the risk of accident or injury, that she takes full responsibility her participation and waives the right to seek damages from the Massachusetts Division of Fisheries & Wildlife and its staff, the Becoming an Outdoors-Woman program staff or instructors, the Eastover Resort and its staff.

Participants also agree that photographs taken of them during the weekend may be used in future materials describing and/or promoting the program.

Signature \_\_\_\_\_

Visit our website at: [www.masswildlife.org](http://www.masswildlife.org)

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# Course Choices

**Concurrent Sessions** - Choose your courses by indicating your first (1) and second (2) choices for each session. **Deadline for registration is noon, June 7.**

**Pre-Session: Friday A.M.**    ☐ Introduction to Firearms

**Session I: Friday P.M.**

- ☐ A. Introduction to Firearms
- ☐ B. Fishing Basics
- ☐ C. Riflery for Beginners
- ☐ D. Archery
- ☐ E. Nature Photography
- ☐ F. Birding for Beginners
- ☐ G. Ropes (Limit 20. Additional \$30)
- ☐ H. Walking Stick Defense (Limit 15)
- ☐ I. Basic Horsemanship (Limit 5, add \$25)
- ☐ J. Basic Kayaking (Limit 10)

**Session II: Saturday A.M.**

- ☐ K. Map & Compass Skills
- ☐ L. Fly Fishing I
- ☐ M. Bass Fishing I
- ☐ N. Beginning Shotgun
- ☐ O. Beginning Handgun
- ☐ P. Archery
- ☐ Q. Take a Hike!
- ☐ R. Reading Wildlife Sign (Limit 12)
- ☐ S. Lost in the Woods... I

**Session III: Saturday P.M.**

- ☐ T. Fly Fishing II
- ☐ U. Bass Fishing II (Limit 6)
- ☐ V. Canoeing for Beginners
- ☐ W. Wild Edibles
- ☐ X. The Fear Factor
- ☐ Y. Riflery for Beginners
- ☐ Z. Lost in the Woods... II
- ☐ AA. Map & Compass Skills
- ☐ BB. Basic Horsemanship (Limit 5, add \$25)
- ☐ CC. From Field to Table

**Session IV: Sunday A.M.**

- ☐ DD. Fly-Tying
- ☐ EE. Black Powder
- ☐ FF. Trap & Skeet
- ☐ GG. Back Packing
- ☐ HH. The Nature of Self Defense
- ☐ II. Ropes (Limit 20. Additional \$30)
- ☐ JJ. Canoeing II (Intermediate)
- ☐ KK. Int. Horsemanship (Limit 5, add \$25)
- ☐ LL. Plants for Wildlife
- ☐ MM. Lessons from the Past

## Sequential Courses to Help You Gain Expertise:

(N.B.: You may take Part 1 of any of these workshops without Part 2, but you cannot take Part 2 without taking Part 1.)

☐ **Two part Lost in the Woods...What Next? (all day Saturday)\***

\*This option replaces Sessions II and III.

☐ **Two part Fly Fishing Course (all day Saturday)\***

\*This option replaces Sessions II and III.

☐ **Two part Bass Fishing Course (all day Saturday)\***

\*This option replaces Sessions II and III.

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